

Sample School Wellness Policy

PURPOSE:

The purpose of the _____ School wellness policy is to ensure that all students at _____ School are provided with a safe and healthy environment that promotes wellness through high quality health education and physical education to enrich student learning and ensure success. We believe student health is closely associated with academic achievement, attendance rate and behavior supports, thus our students need to be striving for healthy lifestyles.

SCHOOL NUTRITION:

- Our school will serve healthy meals to children with plenty of fruits, vegetables, whole grains, and low-fat milk.
- Meals will be moderate in sodium, low in saturated fat, and have zero grams of trans fat.
- Parents may block the purchase of “extras” from their child’s cafeteria account.
- In compliance with the Healthy Hunger Free Kids Act, any food item offered for sale through a vending machine, school store, or fundraiser on school property shall meet the state requirements.
- Menus will be created/reviewed by a Registered Dietitian or other certified nutrition professional.

NUTRITION EDUCATION AND PROMOTION:

- To promote hydration, free, safe unflavored drinking water will be available to all students throughout the school day. Students will also be allowed to bring and carry water bottles filled with water with them throughout the day.
- School ensures content of the Health Education Curriculum is frequently integrated into all content areas to meet the health and safety needs of all students.
- Price nutritious foods at a lower cost and raise price of less nutritious foods.
- Include nutrition education training for teachers and other staff.

Fundraising

School fundraising activities will not involve food or will only use foods that meet above nutrition or portion size standards for food and beverages sold individually. Schools will encourage fundraising activities that encourage physical activity such as walk-a-thons or fun runs.

Celebrations and Rewards

Schools will not use foods or beverages, especially unhealthy foods or beverages, as rewards for academic performance or good behavior. The school will provide teachers a list of alternative ways to reward children.

Schools should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages.

Food Marketing

Schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages. School based marketing of brands promoting low-nutrition foods and beverages is prohibited. Marketing is most effective when implemented consistently by school staff and teachers, parents, students and the community.

Communication with Parents

The school will offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on website, and provide lunch menus. Schools should encourage parents to pack healthy lunches and snacks that meet the nutrition standards.

PHYSICAL ACTIVITY:

Physical activity can take place in the school through physical education, recess and classroom-based physical activity. Schools will ensure that these varied opportunities are in addition to, and not as a substitute for, physical education class. All students will receive at least 30 minutes of physical activity outside of physical education class. This can occur through:

- Lesson plans including planned student movement and integration into academic lessons.
- Recess- at least 20 minutes of recess time is allocated and supervised each day.
- Incentives to encourage each class to engage in physical activity.

Our school will prohibit the use of physical activity as punishment and withholding of physical activity for behavior management.

PHYSICAL EDUCATION:

- A certified physical education teacher will provide instruction. The instruction will be consistent with national and state standards for physical education.
- Students will receive the equivalent of 150 minutes of physical education per week.
- The physical education program will promote student physical fitness through individualized fitness and activity assessments.

MEASUREMENT AND EVALUATION:

In compliance with 702 KAR 6:090, _____ School will utilize the Alliance for a Healthier Generation's Healthy Schools Program to evaluate the school environment. This report will be shared annually with the district as required by KRS 160.345(11) and release the report at least 60 days prior to the public forum. Results will be reported to parents and community stakeholders via the school's website.

The provisions of this policy shall be implemented to comply with provisions required by federal law, state law, or local board policy. If any specific requirement above does not fit with those rules, the principal shall notify the council so that the policy can be amended to fit.